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# SPOKE

A LEARNING NEWSPAPER FOR UNIVERSITY STUDENTS



Conditions  
fall short  
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indoor soccer  
championship.  
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MONDAY, FEBRUARY 8, 2010

CORNELLIA COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

EACH PAGE = PG. 1

# Mall staff fear for their safety

By RACHEL HENRY

Shoppers at Fairview Park Mall in Waterloo are increasing reports after a string of incidents targeting young women.

Over the last few months there have been several reports of incidents of older men harassing female employees. The incidents have ranged from calls and visits to the individuals place of work.

According to the Ontario Department of Justice, the incidents fall under the category of criminal harassment, which includes stalking.

"Criminal harassment can also be repeated conduct that is carried over a period of time that creates a certain reasonably fear for the safety of another but does not necessarily result in physical harm," the Ontario Department of Justice website says. "It may be a gesture to someone's safety."

Danica Shewell, who worked at her place of employment for four years, has had her harasser, who takes a car parked outside on the side where she was approached by a middle-aged man.

"I was standing my car like the store and he came out and made some comment about how bright it was out," Shewell says. "I just laughed and he continued harras-

sed me until I had a panic and power so I could give him a run for his money," Shewell says. "He wanted to leave me alone. Shewell said kept getting his pockets looked for a pen.

Shewell said she began to feel uncomfortable so she told the man she had to get back to work and as a moment of panic Shewell left her car bridge at home before returning inside.

When she returned to her car, Shewell told her manager that someone had approached her and she approached Shewell again.

Shewell says Shewell's manager, who she asked not to be named, told her to leave the office before calling the police.

"I called security, who came and asked her to leave at least three times," Shewell said. "We completely ignored them and tried to be normal."

Shewell said security, who she asked to leave the store, is still permitted to enter the mall. Shewell and Shewell have since com-



PHOTO BY RACHEL HENRY

Melissa Sheehan, 21, walks for her ride at a downtown bus stop at Fairview Park Mall on Jan. 27.

mented that there have been several reports of same type incidents.

"Unfortunately off of a day today pressure and we can't release information on whether or not all the same incidents are occurring,"

said a security officer, who asked to remain due to the ongoing investigation.

Attempts to reach Doug Martin, manager and life safety manager of Fairview Park Mall, were unsuccessful.

GLENNAHAD, Page 2

# Summer job opportunities springing up on Internet

By RACHEL HENRY

For students looking for full-time work this summer, the Internet is the spring board to opportunity.

Companies are using Facebook, Twitter and LinkedIn as recruitment tools for summer jobs, and Christine Walsh, an employee relations consultant at Cambridge College,

Walsh said it works both ways and that students should start networking on online profiles.

"LinkedIn is a powerful way for you to start researching a company. You can start looking at profiles of the people that work there," said Walsh.

Logging social media and an online portfolio and resume are the trends of the future for

employment, said Walsh.

"Make sure that you are ahead of the curve or at least near those changes to your advantage. When someone Google's you, make sure you know what comes up," she said.

The online presence may be necessary but may not be adequate as the recent layoffs at Research In Motion, Canadian Tire and Shoppers and likely result on hundreds of lost student jobs.

Calumne Steele, a third year accounting student, worked at Shoppers for her summer job for the last three years and may now have to look elsewhere for employment.

"Because they're closing they're already reducing the work in the plant. There's

also less full-time taking vacation so they need fewer students," said Steele.

An issue is downtown Waterloo, the Waterloo Chamber's membership plan will be shut down in 2011 and will relocate to a new location in Hamilton. As more and more manufacturing jobs are lost locally, students will have to look for more skilled work in their educational fields.

Many of these skilled jobs can be found online, on websites such as Ontario's MyCareers, which posts full-time part-time and summer employment.

"I think we need to get more traffic on that site," said Walsh.

Many other local employment opportunities will be posted during the winter and spring

months through services such as the Student Job Service offered by Waterloo in Kitchener and the City of Waterloo.

"The city employs almost 200 summer workers, many students, for jobs that require youth drop-in supervisor to summer camp leader to custodial park worker," said Angie Fritz, the co-coordinator of Summer Employment Programs for the city.

A government-subsidized employment resource is also available from the Government of Ontario called the Summer Employment Opportunity (SEO) team. There are full-time temporary positions that offer a range of working environments which include offices, studios and unique locations such as laboratories and tour

of information centers.

"The Summer Employment Opportunities program provides an excellent opportunity for post-secondary as well as high school students to work and gain experience in a related field of study while learning about the Ontario Public Service," said a representative from the SEO team. No matter which job site students are applying for the golden rule is "apply early" and "apply often." In a competitive job market where candidates' labour is not in demand, students should be looking for their competitive edge in the skilled market.

"Time is key, be prepared and prioritized early. Good luck in hand with starting opportunity. Start planning those needs now," said Walsh.

## Now deep thoughts... with Conestoga College

Random questions answered by random students

**Who is your favourite Seinfeld character and why?**



"Cosmo, because he's got funny hair."

**Steve Kipp,**  
Business Administration

"Cosmo, cause he's crazy."

**Michael Pringle,**  
Business Administration



"Cosmo, because of his eccentric ways."

**Brittney Melville,**  
Business Administration

"Jerry. I've always liked Jerry."

**Ashley Bannister,**  
Business Administration



"Jerry. I gotta love him. He's a really funny character."

**Mike Kaval,**  
Business Administration

"Cosmo. I like that he goes through the door and rules the room."

**Stephanie Bannister,**  
Business Administration



**Photo Courtesy:** [www.conestoga.ca](http://www.conestoga.ca), [www.conestoga.ca/2010/01/now-deep-thoughts-with-conestoga-college](http://www.conestoga.ca/2010/01/now-deep-thoughts-with-conestoga-college)

## CSI decides to change board of directors' duties

By TREVOR RYAN

Some changes in governance and structure are the result of a unanimous decision.

During the Conestoga Student Sen. (CSI) monthly board meeting on Jan. 26 an excited discussion on changes within the corporation and the decision to change for both the health and dental plan sparked a thought-provoking evening.

The immediate changes to the governance structure require the formation of a separate board for the three new who will then have no connection to the operations of the corporation. This means that they will attend only the monthly meetings, the strategic planning session, and grand openings and not along side those requiring the dual representation and its dual advocacy.

The new set of board of directors will start at the end of January.

Before the change, directors managed office hours and did daily tasks such as creating surveys, creating new policies, and advocating for students. In order to concentrate on being there to help in operations CSI recommended having one or two full-time salaried staffers in the executive, and part-time students throughout the school year. Duties and responsibilities have not been determined.

CSI president, Chris Byrne, said, "What we need is to offer students two different leadership opportunities to internal. The first opportunity would be for students who want to learn to be on a board how to manage a company and to make big decisions. The second opportunity would be for students who want to learn the behind-the-scenes of a company and operations."

If having more staff is approved, CSI will consider having internally first that the number needs to make it fair for the present board members. However, if no one is appointed from the board, they will open the application to the student body, and if none.

The past few years of the proposed were deleted for more than five months.

Troy Crampton, director of external relations, said, "The prior set of board members are going to have more open meetings. Don't get me wrong, that is fantastic. I just don't like the fact that there is such a huge disconnect between all the different aspects of the corporation now."

However, Byrne said, "at the right people we can get management and production to create a relationship with the board of directors that is not disconnected and has faith that the corporation has the right individuals for these positions for the moment."

In other business, the board was told there needs to be a monthly lecture in health claims and a bi-monthly lecture in dental claims. This could potentially decrease the cost of the program when they meet the cost for next term.

Dawn McLaughlin, a representative from Conestoga's insurance broker, Sullivan & Associates, said the changes are heading downward. However, in our minds what will happen with claims because it becomes dependent on student needs. He said there are two factors that could have contributed to the decline of 20 per cent in the health claims.

"Two years ago, most of the population of the college were second career students and for many of them, the use for the health plan is much higher than students who are just coming out of post secondary school," he said.

The second factor, which started in September, is all prescription drugs that can be claimed must fall under the Ontario Pharmacare Program, McLaughlin said.

The Ontario Pharmacare is a list of prescriptions that are covered under the plan which includes medications, which CSI paid for the last.

This can potentially bring down the costs in claims, which in turn can potentially bring down the cost of the program.

## Networking event helps small businesses

By TREVOR RYAN

The Canadian Networker held its first event in Kitchener-Waterloo at Conestoga Place on Jan. 25 at 110 Waterloo Dr. in Waterloo.

The Ultimate Networking event has been running for more than three years in other cities, offering small businesses in different areas their products and services.

"You pay a small fee for your table, which gives you the privilege to advertise your company free of charge for three months on 'UltiWorx' and 'Meet Waterloo', owned and hosted by The Canadian Networker."

After four months, other individuals with small businesses you have the opportunity to invites and take advantage great speakers, such as Sandy Wallace, a local independent distributor. "Wallace is a company that sells nutrition supplements and vitamin products."

By talking about branding in a nutshell, how differentiating your company is par-

ticular to good business because it makes you stand out.

"Whether you're a physician or a heart surgeon, you will be part of it," he said. "I will also be speaking about perception being more important than reality and the idea that how you are perceived in the marketplace is more important than how you see it yourself."

Wallace hosted 300 small businesses at the event, which drew attendees 80 percent to entrepreneurs who either are and when their company does."

Small business owners who attend don't always go with the sole purpose of selling their products, some do for other networking reasons.

"I try to come in as many of these events as possible," said Karen Rogers, a Waterloo independent distributor. "Wallace is a company that sells nutrition supplements and vitamins."

"Even if I don't sell any-

thing, I always gain wonderful people who you never know when you'll need a contact if you ever decide to take a different path."

Ultimate Networking is also a learning experience for many businesses that are just starting up.

The Canadian Networker is an online resource centre for entrepreneurs to connect and share experiences, according to the website. It is a place for ideas, resources and advice.

"We will be putting out surveys that don't know about networking so, this website really help to answer the questions I have," said Petty Atkins, founder of petition.com, a website that promotes small businesses owned by women.

There will be four more networking events held this year although dates have not yet been decided upon. For more information, visit [www.TWN.ca](http://www.TWN.ca) and click on Exchange-Meetups.

# Turn your diploma into a degree

## BY KATHRYN ROSEN

If you're looking to go a degree, don't think your diploma doesn't count.

A university workshop was held at the visitors of the Doug MacLean on Jan. 23 to inform students about options for their future.

Knowing which universities will honor your diploma could save time and money.

At the workshop, universities from across Canada and the United States set up booths where students could obtain brochures and forms as well as free press, letters, stamp books and other items.

Students learned there are many schools that will take your credits and transfer them easily and almost equal to as long as you have good marks and are applying for a university program.

"What I recommend is students who have a two or three year program/diploma should look for a university who will accept your credits so that they don't have to start over again," said Christopher Liles, director of

transfer articulation at Douglas University in Langford. "There are many reputable universities that will work with students."

Schools in Canada usually do not match credits for credits, however, some do give about

"X" per one of the most popular in the country one year equals 16 credits," said Paul Gosselin, admissions advisor at the university.

For students who are looking to leave the country for school, new credits will need to be transferred straight over.

"United States schools bring in your full diploma," said David Tolson, director of admissions at Northwest University in Langford. "They've always worked with transfer students, but it's easier to Canadian schools. We also have a transfer admissions that you automatically receive discounted on your grades."

Universities are good at accepting diplomas from students who have already completed college courses, so make sure you do your research before switching schools.

## Employees harassed

Continued from Page 1

Parksville Mall stores have since adopted new and less aggressive procedures to ensure the safety of their employees, such as always working in pairs and not giving out personal information to customers. Security will also escort employees to their vehicles as needed.

Bethany Werner, another Parksville Park Mall employee, and her store was receiving anonymous phone calls asking for the personal information of women working on the sales floor.

"They would call and ask, 'What's the girl's name that wears the pink shirt?'" Werner said. "We've had a couple of staff meetings addressing the situation more often, and we're not allowed to give out names of anyone that works here, over the phone or in person."

In 2000 Stats Can reported an increase in cases of sexual harassment, while there was a reported decrease in gender-specific assault and robbery.

Through sources of how the statistics would have concluded if the case had gather her personal information, Werner was disturbed by the results.

"I'll never be able to be alone at the mall at night anymore," Werner said. "It really scared me."



**Paul Gosselin, admissions advisor at Douglas University, speaks at the university's booth, providing information to Commerce students who were interested in getting a degree Jan. 23.**

## IT'S NOT OUR BODIES THAT NEED CHANGING; IT'S OUR ATTITUDES!!

Eating Disorders, including anorexia and bulimia, are serious illnesses that kill more women, ages 15-24 than all other causes combined.

Increasingly more men are also being affected.

## EATING DISORDER AWARENESS WEEK FEBRUARY 5 – 11th, 2012



**Denise Murphy, 25, works hard at Parksville Park Mall, putting stock away. Murphy said she is uncomfortable working there following an incident with an elderly man Jan. 4.**

Should an individual become uncomfortable with the conversation or actions of another individual with a reasonable fear for their safety, Victoria Regional Police ask you to call 250-412-7780 to make a report, and within the next working day, file a complaint with the police regarding risk to someone's safety, call 250-412-



**See displays Monday to Wednesday @ Door #4**

If you think that you may have an eating disorder or are concerned about a friend, go to COUNSELLING SERVICES (1A101) or HEALTH SERVICES (1A102).

# Research In Motion treading water

By JESSICA MARTIN

**Barely crooked.** Finally announced. Revenues down.

Changes needed to take place after Research In Motion's disastrous performance in 2009 landed with a thud in the beginning of 2010, calling for a desperate reengagement of the company in order to put back everything that was lost. Canada's premier high tech company had to prove and reassure everyone — customers and investors alike — they were willing to make changes in order to move and live the changes their vision.

Mike Lazaridis and Jim Balsillie resigned as RIM's co-chairman officers and co-chairs of the board, allowing for Thorsten Heins, who has worked at RIM for the last four years, to step in as the new sole chief executive officer.

It's easy to say from the outside, prove not flares and we have not the guys who "caused" all of the problems, but what Lazaridis and Balsillie have done is phenomenal and the market does have had a huge. BlackBerry is globally successful, connects and employs thousands of people that have contributed greatly to the economic growth of the region and the country.

Rimblades were made but it's time to move on. Many large organizations go through a reengagement and the change in leadership gives RIM the fresh start they need. Reversing the mistakes with late product launches and general instability doesn't happen overnight, but with time, energy and critical decision making, RIM can return to the powerhouse it was.

Along with the NHL Players Association, RIM recently unveiled the new PlayBook (PlayBook campaign) an online video series that follows the often adventures of five different NHL players, all selected and edited using the PlayBook.

Since it was launched in April 2009, the PlayBook has sold 1.5 million units but ultimately lost revenue, getting NHL players to endorse the product, including Toronto Maple Leaf Jeffery Lupul, is a start.

Although sales have plunged and many revenues have gone up high, RIM is still profitable with 78 and less user worldwide, a strong global brand and a wide range of products.

However, with the future of the company in jeopardy and all eyes watching, RIM has a tough road ahead. We wish him and the company all the best.

The views herein represent the opinion of the newspaper, not necessarily the author.

## Letters are welcome

Opinion welcome letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. Unsigned letters will be published. Letters should be no longer than 500 words.



Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 295 Queen Street West, Room 1030, Waterloo, Ont., N2L 4H4.

## COMMENTARY

Ruthier Get



Prime Minister Harper's proposal to raise Old Age Security to \$775 is expected to get unanimous approval from the Senate.

## Constant cellphone use is rude

People's brains seem to find something mysterious about a good thing — and that's exactly what I've done.

Over the past two decades, cellphones have evolved from basic mobile phones into small computers. Although this provides convenience and a constant source of entertainment, it comes with a price often which reads, "very distract you from everyday life."

Even tasks as simple as walking to your car can be hindered by checking text messages, email and Twitter. Instead of taking on the beauty of your surroundings, your eyes are glued to the screen of your phone while occasionally looking up to make sure you're not about to walk into a wall or a mail box. As an avid cellphone user myself, I can write that I have been frequently guilty of the offence. On Jan. 26, between 3 and 3:30 p.m. I walked around the school and began to count the number of people who had their phone in hand. I was surprised by my findings as I counted 100 people while I randomly asked the people on my phone.

Cellphones are often perceived as a source of social interaction. The saying goes as such as "it's not what you say, it's how you say it". I feel that my phone is used as an effort to neglect my phone instead of my company. I decided to attempt to do a running without any phone on Jan. 26, when I went out for dinner with my friends. By the time I got to the restaurant, I found myself already reaching for my phone that wasn't there. After realizing that same action a few more times I began to get embarrassed over my behavior. By the time I got



Mrs.  
Robbinne  
Ogilvie

for giving people the opportunity to be more social. However, as a mom on the opposite.

Cellphone users are often implying their immediate company to talk to other people via text. Although it may sometimes be hard to ignore the temptation of checking your phone, this person who you are speaking with will always notice your lack of attention.

Although I can understand the urge of always being close to their family, I feel as though my phone is used as my company. I decided to attempt to do a running without any phone on Jan. 26, when I went out for dinner with my friends.

By the time I got to the restaurant, I found myself already reaching for my phone that wasn't there. After realizing that same action a few more times I began to get embarrassed over my behavior. By the time I got

home I had no urge to look at my phone.

Linda Pfeiffer, a cellphone user and she has been featured while in a dinner with her friends who were more interested in their phone than conversation.

"There were 10 people at a table and five of them had their cellphones out — I think that's rude," said Pfeiffer. "What I do at home I use my computer a lot, but when someone comes over to visit me I don't sit at my computer. So I don't understand why if I'm sitting at a table with someone, pulling out a cellphone and looking at it would be rude."

Cellphones can be a great resource because we now have so much information at our fingertips. There should be no shame in using them from time to time; however, we should begin to recognize our surroundings and choose the right moment to use our phones. Make sure to take in what is around you and engage in conversation because time goes by fast — you don't want your last memories to be looking at your phone.

## SPROKE

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## CAA has great winter driving tips

The winter weatherland Canada is known to hit us day, 27, and a four-day gap since 24 decades as a reminder that along with the snow comes a whole new set of driving conditions.

With many students being relatively new to driving — some having their first motor or day license — it's important to know exactly what "prepared" means when it comes to winter driving.

**The most important aspect to driving safely during winter is common sense.**

II

Thankfully, the Canadian Automobile Association (CAA) provides a guide to help people out.

Their website, [www.caaweb.ca/en/communications/canadian-transportation/driving-safety.aspx](http://www.caaweb.ca/en/communications/canadian-transportation/driving-safety.aspx), provides lots of



Alyssa  
Miller  
Optician

information including winter driving tips, common errors, steps to keep at a vehicle, things drivers can do to increase safety before leaving for their destination and more.

The most important aspect to driving safely during winter is common sense, which though often obvious is also often overlooked. Things such as warming up earlier, not only to keep extra time to get from point A to point B but to sweep the snow and ice from your windshield before leaving, are important.

It's also important to keep extra windshield washer fluid and basic winter car vital necessities in the vehicle. Anything from a dirty to a broken windshield could

strike at a moment's notice, and it's best to not be caught in the cold with no way to shelter. (Using a car heater rather than sleeping bag can cause a family to partake as well.)

Another thing to remember is the beauty of a membership with CAA. Knowing a little and instead of an hour for Christmas might disappoint most, but that little CAA membership can be a reason to celebrate in my family. My sister has had to call three times on a single day to retrieve her car keys after locking them inside her vehicle.

We all must remember that the term "winter weather" itself is used to describe the seasons because the weather becomes a whole new world, complete with its own set of challenges. We'd much prefer nice weather for activities ranging in Ontario every day, but we still need to remember this in order to get not only these窗外, but everybody else, to drive safely!

## Slow down when driving

Winter has arrived and so have the bad drivers.

It happens every winter. You think the majority of drivers on the road are bad until you find history repeats, and then those driving gets even worse.

Suddenly it's as if they have forgotten everything they learned when they received their licenses and you start to wonder why they were ever allowed on the road in the first place.

I don't know if any of you have noticed, but we live in Canada, it snows. Most drivers act as if they've never seen the white. Fully engulfed.

There are the people who drive unnecessarily cautious, going a maximum of 30 km/h in a designated 80 km/h zone.

Then there are the people who completely disregard the weather conditions and drive like mad men operating through the streets and ending up in a ditch.



Alexandria  
Dear  
Optician

The Ministry of Transportation website, [www.mto.gov.on.ca](http://www.mto.gov.on.ca), states that there are three things you need to know about driving in winter: slow down, slow down and stay in control.

These are good sensible rules to remember when driving in winter; it's probably a good idea to keep these in mind when driving around.

Riding, using a cell phone and driving while sleepy are just a few of drivers' many weaknesses.

I don't expect all of you to be perfect drivers like me. I'm simply saying use your brain when you buckle your belt.

**Registration for Winter 2012 leadership workshops is OPEN! Sign up online to secure your spot!**

[www.conestogac.on.ca/leadership](http://www.conestogac.on.ca/leadership)

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# Classical guitarist's sound plucks at the heartstrings

By JANE RASHBAUGH



**PHOTO BY JACK MCKEEON**  
Emma Bush, artistic director of the Guelph Recital Series, plays the song "Carols at the Cambridge Library" on Jan. 25.

For one hour Emma Bush played her guitar in a way that would touch even the heart of a tangerine.

The Acousticspective by Bush was held at the Cambridge Library on Jan. 25. A classical Canadian guitarist, Bush was invited to perform as part of the library's concert series that is held in the fall, winter and spring.

From January to May we consider and hold all of the events.

"I think it's fabulous, it's a way to engage the City of Cambridge, to serve the community to listen to music," said Karen Murray-Hay, the cultural programs and events planner for the Cambridge Library.

The sessions are free to attend.

Bush played several songs on her guitar, including "Carols," a piece she had some trouble with on the first due to its complexity, but loves to play.

play Canada is rather long, lasting over seven minutes and changes shifts in volume along with changing tempos.

The last song on her program was one of her favorites that comes from South America. She has tried to take off the program before, but the city's because she misses it so much.

"I think it's fabulous."

"It's a way to engage the City of Cambridge, to invite the community to listen to music."

— Emma Bush

"I enjoy performing in a safe place where I can always succeed without playing at a new venue," said Bush who also the artistic director of the Guelph Recital Series, an organization that celebrates the rich history and com-

peting spirituality of the classical guitar, when asked why she plays in the library.

Bush has performed in the United States and all over Europe but finds it hard to find places to play in Canada.

"She has started playing acoustic at five years of age when she signed up for a strings and piano class at her school. I love the sound of the guitar and also I feel the idea of having a concert room I enjoy," Bush said when asked what her favorite instrument was.

She gave up playing other instruments and started to focus on classical guitar because it's tough to learn and she chose to pursue the study of guitar.

For more information on Guelph Recital check out www.guelphrecitals.ca.

For more information on Bush go to Emma Bush.com and for more information on concert visit www.conestogacollege.ca.

## 9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?

9-1-1 WHAT'S YOUR EMERGENCY?



9 In 10 Canadians are at risk for heart disease and stroke.

We're calling on you, so you're not calling on them.

Take care of yourself. Visit heartandstroke.ca



The way I learn may not be the same way you learn.

I appreciate that our group encourages each of us to contribute in our own way.

Thank You for Being the Difference



# A mom to many

**Cambridge woman has hosted more than 100 foster children**



PHOTO BY JESSICA DAVIS FOR THE STAR

Sandy and Reed Falikow: Display some of the art made in the art room in their basement, created for their foster kids to practice creative expression and occasionally sell.

## By ELIZABETH WILSON

**G**rowing up, she stayed to look after orphans. Sharing her home with over 100 children over the last 14 years, that's come close.

Cradled up in a couch in her south Cambridge home, Sandy Falikow, an energetic woman with light brown, wavy hair in a loose ponytail, says her passion for helping kids led her to fostering. It's a passion she's shared with her husband Reed, her son, and their two Australian Shepherd dogs.

A single mom when she began her career as a nanny, she recalls when Reed asked her how many kids she had and she replied "Ten sometimes two, possibly three."

With a day job as a physiotherapy secretary, she soon found the double responsibility too much. "At the after I was around all day, taking patients, and then I was home to caring children." Rather than giving some of her kids up ("How could I decide which ones to send away?"), Sandy quit her job. She now works from home writing transcripts for court hearings.

When she tells people she's a foster parent in term time, she often gets one of two reactions: "Oh that's so good!" or "Are you nuts?"

Hearing an average of four to five new girls in the house at one time, Sandy admits there's often a lot of "craziness."

Fathers and a sense of humor are important, she notes. Many of the girls need that, and happy and "The important thing don't take it personal." Her motto is "Help for the best, prepare for the worst."

"There's a stigma attached,"

Kendy says, to kids and youth who are in foster care — that it's because they've done something wrong, and "That's never the case." Often with teens, she adds, it's a parent-child conflict that causes the separation.

It won't just be the kids there either as Sandy getting used to both get along with an "array" of people their child comes across: working their own doctors and dentists and for money, their own lawyer.

The agency provided her with a resource worker as a monitor, and covered expenses such as clothes and school bags. Sandy still continues training (she estimates it takes approximately six months to keep learning) and she and Reed also enjoy a weekly foster parent appreciation dinner, which includes "water, dinner and a free meal."

■

**The fun thing about  
fostering teens is  
you develop relationships.**  
— Sandy Falikow

■

Two of Sandy's current charges are "Sandy" and Madison, 16. "Hormones," Reed says in a short phrase his nickname, she blood, with braces and a soft, child-like voice and penetrating dragon-like eyes. She's served as Maple's house sitter and the nickname, given to her by Reed, stuck.

When asked what makes a good foster parent, Reed says, "You gotta have the ability you can trust them," then adds reflectively. "They won't kick you

out if you're having a bad day."

"She calls me Mama Sandy,"

Sandy says. "Mama calls me Mama Ma."

Reed, in contrast, is tall, lop-sided and messy — but keeps an eye on most of the bad attitude she comes to Sandy's house with. "I was crazy," she says. "I was always angry," he adds. He's nicknamed "Warrior" because, according to Sandy, "You can tell where she's been."

She says while some girls eventually return home preparing them for a future life, others run or something she makes a priority. She helps the girls make appointments, goes shopping and does laundry. Everyone has chores. If someone didn't show up without permission, Sandy reminds them and "tells the TV." Reed adds who is on it, anyway.

Sandy also makes time for one-on-one interactions, with each girl, often on the basis of shopping or coffee. Reed is an outdoorsman, and "he does the fun stuff," she says with a chuckle.

Sandy's goal is to open a social media site to keep in contact with her former wards. "I'd like to learn a new language," she says, referring to her messaging. Her plan is to keep fostering until she can no longer bear to with the longing.

A lot of people talk at the idea of being foster parents for fear of the effort it will have on their own kids. "My son is the better for it," Sandy claims. He learned about the dark side of life at an early age but had a "healthy learning experience." She can remember times of the girls' stories and, according to what Sandy's heard from her girlfriend, he's grown into a "sensitive and kind" young

man.

"The fun thing about fostering teens," Sandy says, "is you develop relationships." Her first foster child, now 11, has three kids and still keeps in contact, calling Sandy "her 'Young Mom.'

Sandy even made a poster for the family about "foster number three." The Falikows have had three foster kids. Sandy posted a line, bringing a hearing-impaired girl to Sandy's home. "I'd prefer looking for the house by its house number alone."

For more than 100 kids, Sandy's home has been the eye in the storm of these young lives. The house is, indeed,

## KNOWLEDGEABLE MOTHER YOU DIDN'T KNOW

- Approximately 350 foster families are active in Waterloo Region, but Family and Children's Services is always recruiting new ones.

- Gay and lesbian parents are welcome, as well as families from diverse cultures and religions. According to Sandy Falikow, many Mennonites in Elgin foster babies.

- Even college and university students can make good foster parents, especially when the student and child are driving toward similar career goals.

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PHOTO BY MARINA JONES



# The Thin Red Line

## Smokers move closer to Conestoga doors as chill sets in

By MARINA JONES

With winter finally here to stay, it seems students lighting up cigarettes near Conestoga's entrances are migrating closer and closer to the doors.

It is legal to smoke cigarettes, and law-abiding Canadian is entitled to do so where s/he chooses. Under law,

however, where is the law of personal freedom drawn? Is it one meter where smokers who choose not to smoke cigarettes can go outside the second-hand smoke-free zone someone who chooses to light up near a doorway?

"Personally I think it's disgusting," said James Pusack, a second-year language and telecommunications major and computer technologies student at the college. A smoker himself, he is still appalled when he has to go past through another person's smoke near the doors of the school.

"We digitally print emails...cigarettes smoke smells disgusting, even though I smoke," said Pusack. "What's worse than the smell of a cigarette?"

The Student Free Ontario Act states that "no person shall smoke or hold lit/tobacco on a school." This includes but is not limited to any campus areas. This legislation largely covers public places on schools, including buildings, campuses and residence buildings, however, it excludes all entrances of buildings and accessions to wells. Signs depicting the prohibition of smoking in

public areas are required by law and in other respects, it is the prerogative of owners that people continue to be allowed to smoke there unless they choose to do so. However, Safety and Security Services at the college is in charge of enforcing that bylaws and making an effort to enforce them at an accuracy, however, according to supervisor Barb Dickhoff, it is not always the easiest to enforce.

"The issue is when smokers get a call and respond, by the time we get there the person is gone," said Dickhoff. Students often step out for a quick drag before classes or during breaks and are quick to return during the cold months of winter, as security often is not able to apprehend the individual.

"We ask people who smoke outside, smoking necessarily has to be polite and respectful and clean to others back and only the law," said Dickhoff.

The motto at Conestoga College Safety and Security Services is "please do all we can to make our campus safe, secure, pleasant, educational and caring."

Dragging a stick or less smoke where people can and cannot smoke near entrances of the college, but no much else is being done to "punish" people from exposing others to dangers in the cold and smoky conditions. If an individual from security is walking around and spots a smoker close to an entrance, he or she is asked to move

backwards "or not something that's a really bad idea," according to officials due to the "law of motion," according to Dickhoff.

People perceive control of smokers through an enforcement model and safety boarder (Safety and Security). An openly managed the motto from Conestoga College Free Day, as employees fight against social吸烟者 to do employees as it does to the public, ensuring the right rules for public health in certain areas of the college campus apply in the workplace. It is the employer's responsibility to ensure that the workplace is smoke-free and safe for employees, that includes enforcement of the policies.

Is enough being done?

According to many Conestoga students, the answer is

"the red lines are not far enough from the doorway," said Courtney Clark. As a health sciences graduate who is now training to be a paramedic, he is still propagating college visiting friends and many more for areas of "smoking greatest" and safest by the areas of cigarette smoke."

"It is unconstitutional," he said. "That because they want to put their health at risk by smoking doesn't mean they should put everyone else's [at risk]."

Currently there is no red line indicating a non-smoking area at any of the 15-wing school. However, as soon as the ground is dry next winter is over they will be painted.



## Canadian alleys have to be innovative

By STEPH LARSEN

In 1999, Canadian owner Thomas Ryan renovated five pins bowling.

Today the Canadian sport is trying to regain its popularity with new upgrades being added to bowling centres across the provinces.

Companies are finding it hard to bring new customers in with just bowling.

Some have tried to manage their costs better by switching to cheaper bowling lanes.

The usual traditional high-maintenance wood lanes have now been turned into synthetic lanes, which provide a much cheaper alternative to real wood.

Many owners peer also aim the better quality customer experience and value from food and services, said John Dales, owner of Dickens Bowl.

"We've tried to provide our customers with more than just bowling, by adding entertainment facilities and extending our birthday menu," said Dales. "We've had success bringing new customers in as we've been changing our business."

Changing the concept of

bowling alleys has been the trend for years.

For example, Palmed, a 15 pins alley in London, Ont., was just a simple bar until it added billiards, a gaming centre and bowling alleys.

"Palmed has been around for at least 15 years, but has been adapting to what is seen by the public as a good time," said bar manager Lindsay Peterson.

Another alley in Cambridge, known as Best, has installed alleys in the dark mini golf on four lanes to keep up with the times, said owner Neil Fletcher.

"Over the last 20 years, Best has been under constant renovations. Bowling alleys have to learn to diversify and that's what we did. The change was made five years ago," he said.

"It improved our income during the winter, so it was a good move on our part."

For five pins, each player receives three attempts to knock all five pins down with the first ball in a stroke, worth 15 points. The bowler uses a smaller hand-sized ball that is easier to hold and throw than 16-pin bowls.

However, since there are less pins, more accuracy is required.

And if you have terrible aim, there are always bumpers you can put up to stop you from getting a gutter ball.

Five-pin bowling has been around for over 100 years, and the businessens hope it will last for 100 more.

### WHAT YOU NEED TO KNOW

The following are some interesting bowling facts and figures:

- A foul line violation in five-pins results in a 15-point penalty.
- Five-pin was rated No. 4 on CBC's list of Canada's 50 greatest inventions.
- At the "Winter Cup" in 2001, 100 major cities took part in the tournament.
- Five-pin bowling has an automated scoring system just like professional tennis.



Local Beaton, left, 120pins and three pins, is available all across the 10 alleys. Above, Bruce Beaton practices prior to league play.



No empty lane reflections in addition to variety of local bowling alleys.



## HOROSCOPE

Block of Feb. 6, 2012

**Aries**  
March 21 - April 19

Show your feelings with others, they may be able to help you overcome a major obstacle.

**Libra**  
September 23 - October 22

You are facing health decisions this week, maybe there is a good time to say hello to a doctor.

**Taurus**  
April 20 - May 19

Don't be afraid to undertake new projects. Starting within the same could only leave you more time for you.

**Scorpio**  
October 23 - November 21

You will find yourself expressing your emotions more frequently than normal, but allow it to happen.

**Gemini**  
May 22 - June 21

You will need to re-prioritize your priorities, you have many decisions that need to be made.

**Sagittarius**  
November 22 - December 21

Keep yourself busy this week, you will feel particularly bored when you have nothing going on.

**Cancer**  
June 22 - July 22

You will be very idealistic for the time being but do not let the flow of your ideas go unnoticed.

**Capricorn**  
December 22 - January 19

Leave emotions out of decision making. Better informed and unbiased will serve you well.

**Leo**  
July 23 - August 22

Your ability to multi-task will serve you well this week. Just don't take on too many tasks.

**Aquarius**  
January 20 - February 18

Enjoy the company of those you love this week, you need to be surrounded with positive energy.

**Virgo**  
August 23 - September 22

Your sense of togetherness and warmth to find a soul mate will spark a connection with you.

**Pisces**  
February 19 - March 20

Spending time allowing personal relationships to grow; everyone knows you have helped others with their issues.

Kenneth Halloran is the resident astrologist who passed into the skies and now is going back for the last time, causing the universe to unfold before him.

# It's the year of the dragon

By JENNIFER G. RODRIGUEZ

### Going Hay-Fai Chop!

The New Year's growing season is to wish others good fortune and prosperity, as dragons guard the Chinese New Year celebrations. One of the most important Chinese folk days is celebrated everywhere, where a dragon, 12 days of feasts, traditional foods and traditions. This year marks the year of the dragon which is considered the luckiest year in the Chinese zodiac.

On Jan. 28, there was a Chinese New Year Gala held at 3384 Park St. in Waterloo. It was presented by the Central Ontario Chinese Cultural Center (COCCC) and was a celebration with entertainers and

attendees were able to eat a buffett-style dinner with food sponsors from Menghi Wok, Ming Wok, Hoot Root Beer Restaurant, and many more restaurants throughout the city.

In addition to entertainment in the city, many people such as Phoenix Choi have their own celebrations at home. "I have decorations at my dining room for the Chinese New Year,"

According to the website, [Chineseculture.com](http://chineseculture.com), the dragon sign represents character traits such as dominance and ambition. In the legend, there were 12 animals that appeared before Buddha and the dragon represented the ones which earned reward. The



PHOTO BY JENNIFER G. RODRIGUEZ

The Central Ontario Chinese Cultural Centre held a Chinese New Year Gala on Jan. 28 and served a buffett-style dinner sponsored by various local restaurants to celebrate the year of the dragon.

order is not set, tiger, rabbit, dragon, snake, horse, zero, monkey, rooster, dog and pig. For more information on Chinese dragon and personal traits, visit [www.chinesedragon.com](http://www.chinesedragon.com).

The year of the dragon was celebrated at the gala.

Various dragon were performed by several groups showcasing different styles in Chinese culture. However, members and the Children Park House Group entertained the guests in traditional.

The COCCC is a non-profit charitable organization that offers special access to its members and non-members,

including Chinese cuisine, Chinese calligraphy, to the class and even dragon dancing. They also support the Chinese community of Waterloo and Waterloo with fundraising activities and a Canadian citizenship course.

The COCCC currently has over 170 members in Waterloo, Waterloo and will soon expand who wants to learn about Chinese culture.

A family of up to four people pay \$100 a year for regular discounts to events and activities run by the COCCC. The membership is \$50 a year for individuals.

For more information, visit [www.cocc.org](http://www.cocc.org).

## COUNSELLOR'S CORNER: Eating Disorders

Did you know that one out of every hundred women might become anorexic? Estimates of the frequency of bulimia vary from five to twenty out of one hundred college-age women. Men can also develop eating disorders.

Anorexia nervosa is characterized by an all-consuming fear of "getting fat." There is an intense preoccupation with food, body size and sometimes compulsive exercising. Eating can gradually lead to a loss exceeding 25% of original weight. Serious health issues such as cessation of menstruation, malnutrition and lowered heart rate occur. Some survive themselves to death.

Bulimia is a cycle of uncontrolled binge eating and purging through vomiting or the use of laxatives. This extremely debilitating pattern can, in more extreme cases, absorb nearly all of a person's time, energy and money, and lead to depression and isolation. Frequent vomiting can cause damage to the teeth, throat and esophagus. Kidney and cardiac problems are a danger.

An important first step in overcoming an Eating Disorder is for the individual to acknowledge that a problem exists. Medical and psychological help is available in this community. Talk to a counsellor in Counselling Services or the nurse in the Health Services Office. One immediate benefit is the feeling of relief at no longer having to keep such an important part of one's life a secret.

EATING DISORDERS AWARENESS WEEK – February 5-11, 2012  
Counselling Services is organizing a display table in Diora, Dec. 14 Monday to Wednesday  
Celebrating our Natural Body!  
A Message from Counselling Services



## SPENDING SOME FREE TIME GAMING BETWEEN CLASSES



PHOTO BY JESSICA MARTIN

The Game Club at George College invited students to play video games in the Atrium from 10 a.m. to 1 p.m. on Jan. 1.



PHOTO BY JESSICA MARTIN

Scott Davis, left, a first-year computer programming student, and Shala McNeely, a second-year IT innovation and design student, were two members of the Game Club who enjoyed some down time playing video games.

## STARTING THE DAY WITH A JAVA JOLT



PHOTO BY JESSICA MARTIN

Drew Pritchard, a second-year environmental studies student, works at a coffee kiosk in a shop on the U of T campus. The coffee kiosk sells decaf, regular, latte, cappuccino and iced coffee.



# All eyes are on Faksa

**By JEFFREY GREEN**

The 2012 NHL central draft ranks will have been released and the players listed, fourth overall will be found right here in Etobicoke.

Rangers forward Radko Faksa has impressed scouts across the country and nation where he has been coming up a point per game pace.

Because his terrific play, the Czech forward won't expect any regular ice time during the draft meeting but he'll know what he has to do to continue producing at that level.

"It was a big surprise right now as I've very happy but it's just half the season — I want more hard work always. It's hard because I'm tired from lots of games and last night I did not sleep too well."

He's got to play 16 more games. I have great confidence in me," he said.

Faksa's success to this point has not gone unnoticed by head coach Alain Vigneault.

"I think Radko Faksa one of the greatest players we've had in the organization for a long time ... This boy is in shape and can play the game hard," he said.

Faksa, and Faksa, has a bright future ahead of him. He has all the NHL冰球 qualities. He's strong, extremely hard on the ice, he works on his game in practice and off training, his brother says is of a world class level.

"He has the ability to be a great NHL contributor one day," he said.

Just like any young player, Faksa has a lot to work on to progress to play at the NHL

level.

"We've got to stay in the weight room," Faksa said. "We've got to continue to physically develop. He's a tall but not so tall has power to grow on that body, like a number of working on your skating and all players do and then obviously getting stronger as the

years move."

Faksa currently stands as the point in scoring, only getting 10 points. Faksa finished in a season where he has brought goal scoring and a physical element to the team to go along with some much-needed experience.

Rangers play at the World

Junior Championships in Alberta this past December. Faksa now has more familiarity with playing in high-pressure games.

"It was very good experience because I was young and at was in Canada on lots of people ... it's a very big experience for me," Faksa said.

## COUNSELLOR'S CORNER: Goal-Setting

Submitted by a student



I used to make New Year's resolutions that generally didn't last past January 2nd. It's that fresh feeling of having a chance to solve problems, achieve new heights and challenges that encourages us to set goals. As the New Year begins, we are often excited with our good intentions for positive change, despite past resolution failures.

My experience of a yearning about change helped me to recognize why my New Year's resolutions never worked. I didn't need more motivation, I needed smaller goals, or at least my long-term goals needed to be organized into easily manageable steps. Many of us tend to set goals that maybe out of reach ("This semester, I'll get an A" or "Moving on from a frustrating relationship"). As a result, we feel let down, frustrated, even powerless when the first disappointing grade appears or the frustration continues.

Instead, a long-term goal, such as "I want my grades to improve this semester" is more attainable. A step-by-step approach might include attending all classes, with only absences as an exception; staying ahead by doing textbook reading prior to class, and seeking help when necessary from faculty or a peer tutor. The latter are smaller achievable goals that will almost assuredly lead to bigger goals.

Set goals for you that are realistic, achievable and measurable. Future decreases confidence and motivation. Success builds confidence and motivation. For goal setting or any other assistance, see a counselor in Counseling Services. I do!



**PHOTO BY ANDREW RABINS**  
Rangers forward Radko Faksa, has his sight set on the NHL.

A Message from Counseling Services

## SPLASH SPLASH WE'RE HAVING AN ICE COLD BATH

**PHOTO BY DUSTY WALKER**

It takes energy, courage and some real thick skin to jump into a swimming pool later than the sun rises. Participants of the 2012 Key City Polar Plunge, held on Jan. 28 at the Mississauga Civic Aquatic, displayed all of that and more. Donations went to Muscular Dystrophy. The event was held after a race to raise \$600 between the Twitter battles Greg Lehman vs. representative of George Stroumboulopoulos and County, a reporter at the Mississauga Region Board. It was agreed that the loser would participate in a cold plunge of the winner's choice. However, they decided it had to be a polar plunge in the region, so Lehman and County decided to hold their own.



**Former NHL star Marcel Dionne and the rest of the Pro team prepare for their charity hockey game at the 2001 All Star Game.**

# Hockey for heart

NHL alumni spread awareness at tournament fundraiser

## By JOHN RODGERS

**Paul Schaefer will never forget what happened on Dec. 8, 2001 because it was the day he almost died.**

There was three minutes left in the inaugural game of the ESP Oldtimers season. Schaefer, a Minnesota hockey fanatic, was excited about the upcoming season and playing with his buddies. He passed the puck, took a few strides and then he fell, stricken by a heart attack.

"I was lucky that my team mate noticed that I was having a heart attack right away and they started CPR," Schaefer said.

A quick intervention provided an automated external defibrillator and started Schaefer's heart back into rhythm, but he didn't wake up. He was sent to the hospital and doctors had to put him into a coma by packing his body with ice.

"They talked to my family and could not get us to consider about my recovery," he said. "I had about a five per cent chance of recovering."

But, Schaefer did wake up and was a big part of the third annual Hockey the Heart Awareness Week and place at the Hartenbeck Memorial Auditorium, Jan. 26 and 27. It was a weekend filled with charity hockey, a few guest speakers from the press and recognition of the importance of heart health.

The tournament raised over \$100,000 for the Heart and Stroke Foundation, surpassing their goal of \$64,000. It also

offered average hockey-loving fans the chance to get a team together and raise money for heart and stroke research.

This year 22 teams took part in the tournament and organized last year's fundraising efforts of \$64,000. The top 10 fundraisers got the chance to play against some experienced NHL players in the Pro Stars game on the Saturday night.

"It's a great opportunity for the participants because the more you fundraise, the better chance they have to play with the pros," said Moira Lachance, a Heart and Stroke Foundation employee. "It's a goal for them and it's great for us."

Marcel Dionne was the headlining player at the Pro Stars game this year. The Hall of Famer, who played in Detroit, New York and Los Angeles, was selected to be a part of the event.

"Now there tournaments are everywhere across the country," said Dionne. "It's really a great way to do it (spread awareness) and raise money by playing hockey and get your heart going."

The 2002 NHL season has never been affected by heart issues, but says it could happen to anyone at any time.

"I added my physical that's why I put on like 10 pounds," joked Dionne. "But seriously, you're surrounded by it and you never know, you just stop now."

Tournament founder, Roger Wren, started the foundation after his father died while suffering a massive heart

attack during a pick-up hockey game at the age of 40. The tournament started in 1995 in the small region of Barrie, Ont., it wasn't until 1998 when a group of local NHL alums, led by Paul Casper, came on board and really started to get the ball rolling.

"As we grew this program and had more cities step up we just tried to get different alums from all across Ontario involved," said Wren.

Over the past 17 years the

tournament has expanded to 10 cities in 2001 and they have raised nearly \$1 million for heart and stroke research. Heart disease and stroke are two of the three leading cause of death in Canada and 1.6 million Canadians have had heart disease or are living with the effects of stroke.

One of the main improvements that the tournament and Schaefer have helped create is the addition of different levels of arenas and other places in the community

that the defibrillator that saved Schaefer's life was installed just a month before his attack and to see the first person in Waterloo Region to be saved by that medical breakthrough. Four years ago at the time of his heart attack, there were 42 defibrillators in the region, now there are 124.

"We'll never see an angel next," said Schaefer. "I believe if that defibrillator wasn't at Elm Park, that I wouldn't be here today."

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# Condors fall short during indoor tournament

By JEFF KRIEGER

On a day that featured lots of wins, Sheridan College male students were among everyone except their wives were home feeling the winter blues.

Conestoga College hosted its 15th annual indoor soccer classic tournament on Jan. 29 which had Conestoga, George Brown, Fanshawe, Waterloo, Fanshawe and Waterloo all participating. Sheridan College was crowned champion after defeating Fanshawe College 2-1 in the final.

The alumni team was split up into two divisions, with one alumni team. These teams had older, more experienced players who took control in their early games and showed that experience helps. The teams also scored well, including the second alumni team overtaking Conestoga in a close game. That said, there was still their strong play but it wasn't enough.

The alumni lost the semi-final match to the eventual champions, the Sheridan team.

Conestoga College was in

tough during their first game of the day, tying George Brown College 0-0.

A few hours later, Conestoga defeated Fanshawe College 3-2 on the Condors' flight back to victory, winning the game 1-0.

We are together, we love together, and it's my fault just as much as theirs.

—Ade Krieger

These were looking up for the Condors as they went into their third game of the day against an alumni team.

But experience showed and Conestoga had a breathing match that featured solid goalkeeping and amazing chemistry on the court.

With the loss, Conestoga had to sit and wait on the stands to see if they were going to move on to the next round.

George Brown defeated Conestoga College 1-0, eliminating the Condors in the process.

Head coach, Ade Krieger,

talked about his team losing twice during the home tournament.

"I am a little disappointed, not because we lost, it was the way we lost. I don't think the game was there."

"At our last tournament in Guelph, the players were playing against better teams and we did better," he said.

According to Krieger, the Condors' defense was the main reason for the team's loss. The defense turned the ball over, especially during the game against the alumni. The coach called defense the "playground" as giving more pressure to the opposing team that will eventually lead to better scoring chances.

The coach said the team will continue to train hard and work on different defensive techniques during practice at the rink in town.

After the team was sent packing, Krieger would still try to let the blues on the individual players.

"We was together, we had together, and do my best part or much of them. I am never going to blame anyone for losing and I am never going to point too much for winning," he said.



Photo by Jeff Krieger

Thirty-year player, Jonathan Taylor, scores during his team's second game of the day against Fanshawe College on Jan. 29.

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For more information or nomination forms, go to <http://www.conestoga.ca/careercenter/awards/aubreyaward.aspx> or contact one of the following committee members:

- Adrienne Belotti x 5998
- Ig Kolesnik x 2380
- Mary Carley x 2462
- Rachelle Cooper x 3867
- Shelly Kuplin x 5437
- Jeff Fife x 3301

Nominations close on March 15, 2010

## Conestoga box score

Week of Jan. 29 to 30

By JEFF KRIEGER

### Men's Volleyball

**Jan. 29:** Conestoga 1, Fanshawe 3  
Overall record: 1-13

### Women's Volleyball

**Jan. 31:** Conestoga 2, Fanshawe 3  
Overall record: 8-8

### Men's Indoor Soccer

**Jan. 28:** Conestoga 0, George Brown 0  
Conestoga 1, Fanshawe 0  
Conestoga 2, Algonquin 4

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